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Influence Massage Reduce Problems Support Infants Growth Prasetya Lestari^{1*}, Fatimah Fatimah¹, Lia Ayuningrum¹, Herni Dwi Herawati², Nisrina Afifaturrohmah¹
¹Departement of Midwifery, Faculty of Health Science, Universitas Alma Ata, Yogyakarta, Indonesia; ²Department of Nutrition, Faculty of Health Sciences, Universitas Alma Ata, Yogyakarta, Indonesia Abstract BACKGROUND: problems occur the postnatal One them the of the in early Early is of effective in nutrition newborns and preventing lactation problems. In 2019, in Indonesia, the percentage of newborns who received early breastfeeding was 75.58%. The success rate of this is closely related to lactation readiness in the early postpartum.

To the of postpartum need be education methods stimulate production the of puerperium oxytocin Good milk will the nutritional adequacy of the baby and reduce lactation problems in the early postpartum period. AIM: The of study to the of massage lactation and infant growth. METHODS: study pre-experimental using only and using test control design. research were the and Health and Independent (PMB) Bantul, and Kidul This was from April until september 2020. The population of this study was all the families of postpartum mothers from the 1 st to the 3 rd day after week evaluation breastfeeding.

sampling uses total was postpartum on 1 st–3 rd day childbirth the was research were the oxytocin massage checklist, lactation problems, and body length observation sheet. RESULTS: results this were the of performed massage a frequency than times the st week postnatal, experienced problems the 1 st week of postnatal by 16.3% and at the 4 th postnatal visit, all respondents had no lactation problems. The average increase in the length of the baby's body at the age of 2 months is 8.44. The majority of the baby's body length at the age of 2 months corresponds to age (98.8%).

The results of bivariate analysis of oxytocin massage were effective in reducing lactation problems ($p = 0.000$) and supporting infants' growth ($p = 0.000$). CONCLUSION: massage effective reducing problems supporting growth. Oxytocin massage should be implemented in postnatal care to prevent lactation problems and support breastfeeding. Edited by: Ksenija Bogoeva-Kostovska Citation: Lestari P, Fatimah F, Ayuningrum L, Herawati HD, Afifaturrohman N. Influence Oxytocin Massage on Reduce Lactation Problems and Support Infants Growth. Open Access Maced J Med Sci. 2022 Jan 05; 10(T8):81-85. <https://doi.org/10.3889/oamjms.2022.9487> Keywords: Oxytocin massage; Lactation problems; Infant growth; Postnatal *Correspondence: Prasetya Lestari, Department of Midwifery, Faculty of Health Science, Universitas Alma Ata, Yogyakarta, Indonesia. E-mail: prasetya.lestari@almaata.ac.id Received : 13-Oct-2021 Revised: 21-Nov-2021 Accepted: 02-Dec-2021 Copyright: © 2022 Prasetya Lestari, Fatimah Fatimah, Lia Ayuningrum, Herni Dwi Herawati, Nisrina Afifaturrohman Funding: This study was supported by the Ministry of Research and Technology, National Research and Innovation Agency of the Republic of Indonesia and Alma Ata University Competing Interests: The authors have declared that no competing interests exist Open Access: This is an open-access article distributed under the terms of the Creative Commons Attribution- NonCommercial 4.0 International License (CC BY-NC 4.0) Introduction The postnatal often with lactation One them the of mothers in the early breastfeeding. Early breastfeeding is of effective in nutrition newborns.

One of the efforts to prevent infant mortality. Delaying administration within 2–23 h increases the risk of death by 1.3-fold, whereas a delay of 1 day or more can increase the risk of death more than 2-fold [1]. In 2019, in Indonesia, the percentage of newborns who received early was [2]. success of early is related lactation readiness in early postpartum. The success of the early breastfeeding early was related the of production smooth Early has to very for the and mother. babies, early breastfeeding advantages as who are fussy, are susceptible diarrhea diseases caused by viruses or bacteria.

This is following the content breast especially the breast namely, According Pasaribu Hutasoit colostrum known have many benefits for antibodies in infants [3]. To the of postnatal mothers to given on to stimulate production the postnatal through massage. massage effective increasing production. on and research oxytocin massage a effect the of breast the production postnatal who been increases 40–50%, after [4]. massage effective the beginning the by the 's companion the This following Doko et al . 's research husbands an 82 <https://oamjms.eu/index.php/mjms/index> important role in oxytocin massage which affects breast milk production [5]. This massage the hormones oxytocin and prolactin to produce breast milk.

Sufficient production make easier babies to adequate Adequate in will affect the growth of infants and infant development. The of et al . 's (2020) on review the on have great on recovery metabolism development the system premature babies Breast is for gain body according the age. addition, breastfeeding can prevent stunting in infants. Sufficient production strengthen the in lactation eliminating motherperception the being due insufficient milk. impact the motherperception the of will the of by mother. Postnatal with milk will mothers when breast to babies.

is related efforts prevent lactation problems for mothers including breast milk lack milk and nipples. Good milk will the adequacy infants reduce problems the early postpartum. Methods The of research the only method, providing education oxytocin for family postpartum then, post-test carried on the families of postpartum mothers who did oxytocin massage or not. Moreover, true-experiment using post- test control design, is compare the of mothers did message those do on growth lactation in mothers. baby's growth measured on length the newborn's (Standard cm) and length the body the of months test).

problems measured on maternal during 1 st week postpartum (pre-test) the th postpartum (29–42 days postpartum The location at Mother Child Clinic Midwives Independent in Sleman, Gunung Kidul The of is until 2020. population this is entire of mothers the 1 st day the rd day a of respondents. The sampling technique is total sampling. The research sample 80 of mothers the 1 st day the postpartum by baby aged 2 months. The research instrument is an oxytocin massage and observation for length the body, lactation in mothers. Collected was by bivariate test Wilcoxon-test analyze the of massage lactation and growth.

study was in with declaration Helsinki obtained approval feasibility the Ethical of Ata (KE/AA/ III/10129a/EC/2020). Results Table 1 shows that the respondents of the group with reproduction consisted while unhealthy are percentage of of have education. 21.25% of participants have low education. Table 1: **Characteristics of respondents**

Characteristics	Frequency	(n)	%
Implementation of oxytocin massage	No	39	49
	Ye	41	51
Oxytocin massage companion	Husband	73	91.3
	Mother	2	2.5
	Mother in law	1	1.2
	Sister	4	5
Education	Low education	17	21.25
	High education	63	78.75
Age	Health reproductive	9	11.25
	Unhealthy reproductive	71	88.75
Parity	Primipara	33	41.2
	Multipara	47	58.8

Based the of study, respondents willing be on massage After 3 rd day postpartum, only of did massage the of husband, were During service of 1 st -week an of lactation experienced by mother anthropometric of the was out. research are presented in Table s 2 -4. Table 2: Distribution frequency of the baby's body length

Variable	Newborn	Two-month-old	Baby's body length	n	%	n	%
Does not meet standards	3	3.75	1	1.3			

Normally 77 96.25 79 98.7 Source: Primary data 2020. Table 2 the lengths respondents the length in second month of age, which were 98.7% **Open Access Maced J Med Sci. 2022 Jan 03; 10(T8):81-85. 83** by 3 problems. Table 4 that lactation in respondents that occurred in the 1 st week were 16.25% included low production and engorgement. Table 4: Types of **lactation problems in respondents** Type of lactation problems 1–7 th postnatal days 8–28 th postnatal days 29–42 th Postnatal days N % f % f % Low production 10 12.5 2 2.5 0 0 Engorgement 3 3.75 7 8.75 0 0 Normally 67 83.75 71 88.75 80 100 Source: Primary data 2020. Based Table 5, results the analysis that was significant in who given massage lactation in 1 st week service of fourth ($p = 0.000$).

results that were respondents the st week the puerperium lactation including low milk engorgement. intervention that be in 1 st week oxytocin massage the mother members. the analysis oxytocin on growth from length the body based age, there a difference the length babies 2 months = 0.000). Based the showed Oxytocin by The Postnatal mother family can provide to support the infants growth. Table 5: massage lactation in postpartum mothers and baby's body length Test statistics a Lactation problems 29 th –42 nd day – lactation problems 1 st –7 th day Baby's body length 2 months - new born baby's body length Z -8.185 b -7.784 c Asymp. Sig.

(2-tailed) 0.000 0.000 a Wilcoxon Signed Ranks Test, b Based on negative ranks, c Based on positive ranks. Discussion The postpartum period is a transition period for the new role of the mother. At this time, the mother must be able to provide care for the baby and provide adequate nutrition the One the to the of to was to prepare lactation pregnancy. massage during provides benefits milk production. lactation, on breast accelerate circulation break the glands settle the ducts Breast is first foremost for and many composition breast is very complete. Especially colostrum which **is the first milk** comes of motherbreast.

contains lot antibodies are useful the baby's against that occur in Based the of and Hutasoit's, (2021) can the baby's immune system [3]. The of at beginning of puerperium a that an on breast production. results this indicate that were of experienced lactation including breast (12%) engorgement The of study conducted the et al . (2018), where of have the breastfeeding The prominent were inability the to (40%) the motherexperience irritated, and nipples Pain common experiencing breastfeeding problems [8].

The problems of postpartum mothers the st days birth colostrum not out, breast being The 's level knowledge colostrum very on motivation give [9]. previous study Rawat et al. show one of the breastfeeding process failure especially in 1 st week of post birthing was the difficulty to latch while breastfeeding and feel that breast milk was low production. Based the Table and found in 1 st of mothers lactation problems influence

caused the 's role period, in un-supported and 's about production this accordance the characteristics of respondent paritas that the majority of respondent a Feenstra et al.

(2018) stated the related lactation include lower and self- perceived knowledge about breastfeeding [8]. Breast production postpartum was influenced by the lactation hormonal function. One technique stimulate production the oxytocin prolactin through massage. Oxytocin was provision massage a relaxation treatment that aims to stimulate the hormone oxytocin. hormone one the that the of milk. massage serves to increase milk production. The **results of the univariate analysis** (Table 4), respondents given massage, Table 3: frequency the problems respondents Lactation problems First of childbirth service quality **Fourth of childbirth service** quality n % n % Ye 13 16.25 0 0 No 67 83.75 80 100 Source: Primary data 2020. 84 <https://oamjms.eu/index.php/mjms/index> when service of fourth all respondents not lactation Nugraheni and Heryati's, 2016, showed that the results of SPEOS Massage Oxytocin, Suggestive) affected milk [11].

Another by and Resmana's mothers post-SC and oxytocin were times likely to colostrum the postpartum [12]. Sihotang et al. 's study found that there was a significant difference postpartum who given breast and massage breast production Low production the st week the determines fulfillment the milk Breast intake the st week the puerperium one of fulfillment the baby's nutritional needs. Lactation for at **beginning of the puerperium** that includes engorgement were of problems often in postpartum due the of release of milk.

help the milk one the techniques used massage = The of study in line Jama Suhermi's (2019) all mothers doing massage therapy experienced changes in breast milk dams. The results of the t-test analysis obtained $p = 0.000$ [14]. Increased production one the results the of problems postpartum Postpartum who free lactation will comfor table and support breastfeeding their In addition this, milk is sign postpartum are from milk dams. **Breast milk is the** main nutrition for babies until at least months. breast will good benefits increasing baby's and length. is increase the weight length as an indicator of a healthy baby's growth. Lestari et al .

oxytocin was effective increasing baby's ($p 0.009$) Dewi 2018 that was effect the of massage postpartum on significant in weight = ($p 0.05$), where the largest increase in baby weight was found in the oxytocin massage group 3 times a day [16]. The of study that were three whose length birth not the The of baby's is indicator to measure the growth of the baby. One of the factors are sui table the of is the of milk. milk is closely to work the oxytocin and prolactin. To increase the work of these hormones, stimulation given oxytocin The results this are on Table 5 of bivariate that massage the increase in body length of infants at the **age of 2 months** with significance of = Devriany et al .

that average in length neonates are breastfed 1 month is cm than breastfeeding which only cm In to et al.'s research that, is relationship breastfeeding and of with infant growth [18]. Babies are for longer will get all the nutritional content of breast milk. If at that time baby the nutritional then, the growth and development will be optimal. These results are supported by Amanda's research, that there is relationship the of and the nutritional status of children <2 years old [19]. A increase body was closely to adequacy nutrition by baby, is other breast This one the to stunting.

to prevent in can from and for from beginning the puerperium. it important give massage postpartum as intervention increase milk which beneficial the growth of neonates. Conclusion Oxytocin was in lactation and an growth. Oxytocin should implemented postnatal care prevent problems support breastfeeding.

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